



## Lifeguard Training Overview 2017

Learn how to become a lifeguard in one of our American Red Cross lifeguard training courses. Through our training you will learn all of the skills needed to become a professional lifeguard. From First Aid and CPR/AED training to rescue and teamwork skills, the Red Cross has designed a lifeguarding course for those who need more flexibility called '**Blended Learning**'. This format reduces the time of a '**Standard**' course **by 8 hours** and separates the course into two units:

1. **Self-study:** Offers '**Online**' access for students to complete 9 lessons of the course, at home, around their own schedule.
2. **Instructor led:** Provides valuable, '**On-site**', hands-on training, allowing instructors more time for guided review and skills practice needed for students to become certified.

Our course training is divided into separate sites: classroom and swimming pool

**Classroom site:** Lakeshore Park | 5930 Lyons View Pike, 37919 | 865.215.1724

**Swimming Pool site:** Elmer Brine Swimming Pool | 522 Maryville Pike, 37920 | 865.579.3122

There are two important elements prior to becoming a lifeguard. The American Red Cross requires that all students must be at least 15 years old by the end of class and pass a specific pre-course swimming evaluation, listed below, prior to starting all Lifeguard Training Courses:

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### Pre-course Evaluation

- 300 yard swim
  - non-stop; using both breast stroke or front crawl, showing coordinated arm/leg motion and rhythmic breathing
- Deep water 2 minute tread, using only legs
- Timed Brick Retrieval (1 minute 40 seconds)

**\*Free skills evaluation available:** Participants are encouraged to have their skills assessed prior to the pre-course evaluation. Students will be offered a free 'Visit Pass' to use to build their endurance in the water and practice pre-course skills with certified staff.

### Course Fee: \$150

*\*does not include \$35.00 ARC on line fee*

Refund Policy: A partial refund may be issued to candidates who do not successfully complete the pre-course skills evaluation minus a \$30 retainer. Refunds **will not** be issued In the event a student fails the full course. In the event of a medical emergency, a full refund may be requested.